



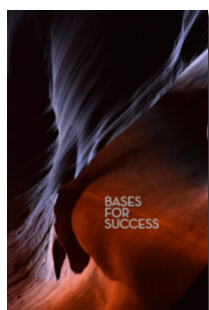
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TALKS, WRITINGS & TRANSLATIONS
OF ṬHĀNISSARO BHIKKHU

Books

New

Bases for Success



Bases for Success: Six Dhamma Talks on the Four Iddhipādas, by *Ṭhānissaro Bhikkhu*. (published January 24, 2020) Six talks addressing the most neglected of the teachings that the Buddha said were central to maintaining his message.

[read](#)

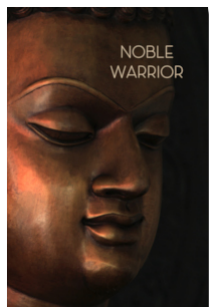
[epub](#)

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[pdf](#)

Noble Warrior



Noble Warrior : A Life of the Buddha Compiled from the Pāli Canon, by *Ṭhānissaro Bhikkhu & Khematto Bhikkhu*. (published October 26, 2019) A biography of the Buddha using passages collected exclusively from the Pāli Canon. The translated passages are interspersed with a minimum of explanation, allowing the compilers of the Canon to speak for themselves. While the passages in the Canon are not sufficient for a strictly chronological account, they do contain ample material for a thematic one that highlights the Buddha's three main accomplishments: 1) finding the path and attaining awakening, 2) teaching that path to his contemporaries, establishing a living apprenticeship for awakening, and 3) establishing the Dhamma and Vinaya to give structure to that apprenticeship so that the True Dhamma would last for many generations. Particular

attention is given to the many accounts of the Buddha's awakening and the role that his awakening played in shaping the Dhamma he taught.

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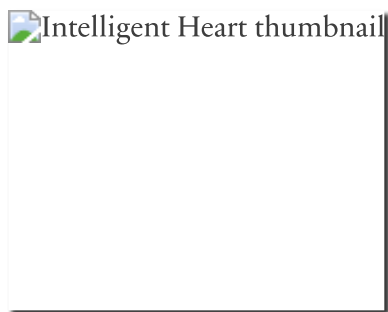
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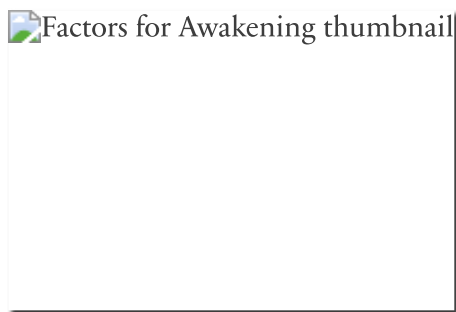
The Intelligent Heart

The Intelligent Heart : Five Dhamma Talks, by *Phra Ajaan Suwat Suvaco*. (revised July 7, 2019) A collection of Dhamma talks published to commemorate Ajaan Suwat's 100th birthday.



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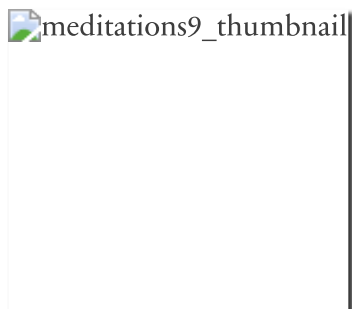
Factors for Awakening



Factors for Awakening : Ten Dhamma Talks. (revised July 7, 2019)
The seven factors for awakening (*bojjhanga*) are a set of qualities explaining how right view helps to develop right mindfulness into right concentration.

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Meditations 9



Meditations 9. (published Feb. 13, 2019) Transcribed Dhamma talks on breath meditation and various aspects of the Buddhist Path given by Thānissaro Bhikkhu during the evening meditation sessions at Metta Forest Monastery from 2015-2018.

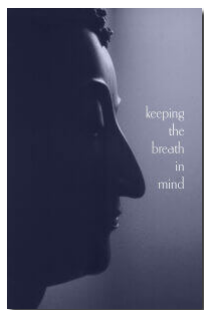
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Featured

About

Ajaan Lee Dhammadhara

Keeping the Breath in Mind & Lessons in Samadhi, by *Ajaan Lee Dhammadhara.* (revised Dec. 15, 2018) A fundamental guidebook for breath meditation and practicing the jhānas.

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Ajaan Fuang Jotiko

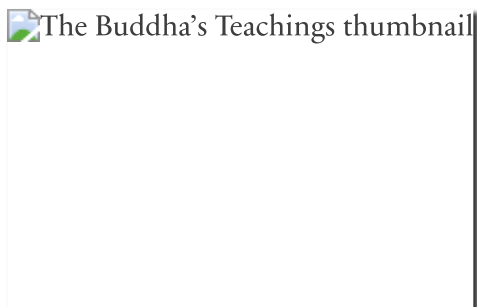


Awareness Itself, by *Ajaan Fuang Jotiko*. (revised Dec. 15, 2018) A collection of teachings spanning the whole range of practice by Ajaan Lee's principal student and Ṭhānissaro Bhikkhu's teacher.

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Ṭhānissaro Bhikkhu

The Buddha's Teachings



The Buddha's Teachings: An Introduction, by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) A short introduction to the basic concepts and values underlying Buddhist practice, with special attention to clearing up common misinterpretations about what the Buddha taught.

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With Each & Every Breath

With Each & Every Breath: A Guide to Meditation, by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) A breath meditation manual by Ṭhānissaro Bhikkhu drawing on two sources: the Buddha's own set of instructions on how to use the breath in training the mind, and Ajaan Lee Dhammadharo's method of breath meditation — which builds on the Buddha's instructions, explaining in detail many of the points that the Buddha left in condensed form. A page has been added to this site with download links to all of the [mp3 dhammatalks](#) referenced in this manual.

 Each and Every Breath thumbnail

Regarding this latest revision: This is the last of the eBooks to be converted to html so it can be read directly online. It was saved for last because of its extensive cross-referencing to other essays and books on this site. As such this new version has significantly improved and updated the hyperlinking of cross-references, and it can better serve as an introduction or guide to the Dhamma from the perspective of meditation practice.

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Noble Strategy

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Noble Strategy, by *Thānissaro Bhikkhu*. (revised “One Tool Among Many” on April 11, 2020) This first collection of essays is recommended for new practitioners. Includes: Affirming the Truths of the Heart, Karma, The Road to Nirvana Is Paved with Skillful Intentions, The Healing Power of the Precepts, Right Speech, Trading Candy for Gold, A Guided Meditation, The Path of Concentration & Mindfulness, One Tool Among Many, What Is Emptiness?, No-self or Not-self?, and The Image of Nirvana.

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The Karma of Questions

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The Karma of Questions, by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) This is a revised edition to the second collection of essays. Significant changes were made to the essay ‘Perennial Issues,’ and Pāli diacritics were added throughout. The essays included are: Life Isn't Just Suffering, Opening the Door to the Dhamma, Questions of Skill, Freedom from Fear, Samsara, Samsara Divided by Zero, The Agendas of Mindfulness, De-perception, The Weight of Mountains, Five Piles of Bricks, Perennial Issues, and When You Know for Yourselves.

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Karma Q & A

 Karma Q & A thumbnail

Karma Q & A, compiled by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) Karma and rebirth are often understood to be teachings of fate and helplessness in the face of unknowable influences from the past. Instead of teaching fate, The Buddha’s teachings on kamma and rebirth are empowering, showing how people can develop skills in the present that will lead to the end of suffering. So, to help show how valuable these teachings are, here’s a set of answers, based on the Pāli Canon, to some questions frequently asked about these topics.

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Suttas

Sutta Piṭaka


 Handful of Leaves thumbnail

Handful of Leaves: an Anthology from the Sutta Piṭaka, translated by *Ṭhānissaro Bhikkhu*. (revised Jan. 29, 2020) This all-in-one eBook bundles all of the sutta collections on this page: the Dīgha, Majjhima, Saṃyutta, and Aṅguttara Nikāyas, as well as six books from the Khuddaka Nikāya—the Khuddakapāṭha, Dhammapada, Udāna, Itivuttaka, Sutta Nipāta, Theragāthā & Therīgāthā.

The purpose of combining these collections into one volume is to hyper-link the extensive cross-referencing within and across the collections. The epub, azw3 and mobi eBook versions therefore serve as functional equivalents to an offline mirror of the sutta portion of the site.

Note re the pdf version: The pdf is almost 2,500 pages long and will be almost completely unusable on small devices and quite laggy even on a computer.

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Dīgha Nikāya



Handful of Leaves, Volume I: an Anthology from the Dīgha Nikāya, translated by *Ṭhānissaro Bhikkhu*. (revised Jan. 29, 2020) This volume is the first in a four-volume anthology of suttas (discourses) drawn from the Sutta Piṭaka (Discourse Basket or Repository) of the Pāli Canon. This volume contains suttas drawn from the first of the five collections comprising the Sutta Piṭaka: the Dīgha Nikāya—or Long Collection—named after the length not of the collection, but of its individual suttas. There are 34 in all, many of them among the most polished literary compositions in the Pāli Canon. This anthology contains complete translations of ten suttas, and partial translations of two.

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Majjhima Nikāya


 Majjhima Nikāya thumbnail

Handful of Leaves, Volume II: an Anthology from the Majjhima Nikāya, translated by *Ṭhānissaro Bhikkhu*. (revised Jan. 29, 2020) The Majjhima Nikāya—the Middle Collection—is the second collection in the Sutta Piṭaka. It takes its name from the length of the discourses it contains: shorter than those in the Long Collection, longer than those in the Connected and Numerical Collections. There are 152 suttas in all. This anthology offers complete translations of 78 of these suttas, and excerpts from five.

The suttas in the Majjhima Nikāya are among the most interesting and informative of the Canon. However, when they were collected they were organized for ease of memorization, not for ease of study. So, as an introduction to the collection, here is [a list of suttas organized by topic](#), from the more fundamental to the more advanced.

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Samyutta Nikāya



Handful of Leaves, Volume III: an Anthology from the Samyutta Nikāya, translated by *Ṭhānissaro Bhikkhu*. (revised Jan. 29, 2020) The Samyutta Nikāya, a collection of short to medium-length discourses, takes its name from the way the discourses are organized into groups connected (samyutta) by a particular theme. In some cases, the theme is a topic. In others it may be the name of an interlocutor, a place, a group of people, or—as in the Simile-Connected discourses—a formal attribute of the discourses themselves. The complete collection, counting all its formulaic expansions, contains more than 2,900 discourses, of which 369 are translated here.

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Aṅguttara Nikāya



Handful of Leaves, Volume IV: an Anthology from the Aṅguttara Nikāya, translated by *Ṭhānissaro Bhikkhu*. (revised Jan. 29, 2020) The Aṅguttara Nikāya, a collection of short to medium-length discourses, takes its name from the way the discourses are grouped by the number of their parts (anga), with the number growing progressively higher (uttara) with each group. No single English term can convey the full meaning of this name, although the translation Numerical Collection gives a workable idea of the principle behind it. The complete collection, counting all its formulaic expansions, contains more than 9,500 discourses. When these expansions are not counted, the total comes to approximately 2,300

discourses, of which 345 are translated here.

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Khuddaka Nikaya

Khuddakapāṭha



Khuddakapāṭha: Short Passages, translated by *Ṭhānissaro Bhikkhu*. (revised Jan. 29, 2020) This, the first book in the Khuddaka Nikāya (Collection of Short Discourses), appears to have been designed as a primer for novice monks and nuns. In nine short passages it covers the basic topics that one would need to know when beginning Buddhist monastic life; many of the passages also serve as useful introductions to Buddhist practice in general.

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Dhammapada



Dhammapada: A Translation, translated by *Ṭhānissaro Bhikkhu*. (revised Jan. 29, 2020) An anthology of verses attributed to the Buddha long recognized as one of the masterpieces of early Buddhist literature. This edition has the full Introduction, Historical Notes, and extensive Endnotes, which are hyper-linked in the epub & mobi versions.

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Udāna



Udāna: Exclamations, translated by *Ṭhānissaro Bhikkhu*. (revised Jan. 29, 2020) A complete translation of the book of the Udāna from the Khuddaka Nikāya collection of the Pāli Canon. The role of the Udāna within the context of the Pāli Canon is to focus on the values and principles—“meaning” in the larger sense of the term—that underlie the Buddha’s teachings.

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Itivuttaka

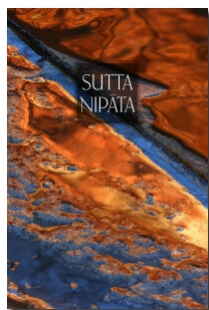


Itivuttaka: This was said by the Buddha, translated by *Ṭhānissaro Bhikkhu*. (revised Jan. 29, 2020) The Itivuttaka is a newly updated translation of a collection of 112 short suttas, each one a prose passage followed by a verse. This collection is shaped less by literary considerations than the Dhammapada or Udāna and is more straightforwardly didactic. The itivuttakas cover the full range of Buddhist practice. On the basic levels, they focus on skillful and unskillful behavior, and on the advanced, they cover some topics found nowhere else in the Canon.

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Sutta Nipāta

Sutta Nipāta: The Discourse Group, translated by *Ṭhānissaro Bhikkhu*. (revised Jan. 29, 2020) This is a translation of the entire collection of 72 suttas, which includes some of the longer and more famous poems in the Pāli Canon, such as the Discourse on Goodwill (Karaṇīya-Mettā Sutta), the Discourse on Treasures (Ratana Sutta), and the Discourse on Protection (Maṅgala Sutta). It also contains two sets of poems considered to be deep expressions of advanced points of doctrine: the Aṭṭhaka Vagga, on the theme of non-clinging, and the Pārāyana Vagga, in which the Buddha answers questions posed by adepts in concentration



practice. The collection also contains three suttas with rare biographical information of the Buddha's early life.

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Theragāthā & Therīgāthā

 The Poems of the Elders thumbnail



Poems of the Elders: An Anthology from the Theragāthā & Therīgāthā, translated by *Thānissaro Bhikkhu*. (revised Jan. 29, 2020)

This is an anthology consisting of 94 poems from the Theragāthā (Poems of the Elder Monks) and 34 from the Therīgāthā (Poems of the Elder Nuns). These texts are, respectively, the eighth and ninth texts in the Khuddaka Nikāya, or Collection of Short Pieces, the last collection of the Sutta Piṭaka in the Pāli Canon.

The most recent revision contains 3 new verses from the Theragāthā ([Thag 6:3](#) Mahānāga, [Thag 6:5](#) Māluṅkyaputta, and [Thag 9](#) Bhūta) and 2 new verses from the Therīgāthā ([Thig 6:3](#) Khemā, and [Thig 6:8](#) Vijayā).

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Vinaya

The Buddhist Monastic Code

 Buddhist Monastic Code thumbnail



The Buddhist Monastic Code, Volumes I & II, translated and explained by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) These new eBooks combine both volumes into one and take advantage of the cross-referencing, search, and nested Table of Contents features of the eBook formats.

This two-volume set attempts to give an organized, detailed account of the Vinaya training rules and the traditions that have grown up around them. The Pāṭimokkha training rules as explained in the Suttavibhaṅga are the topic of the first volume; the rules found in the Khandhakas, the topic of the second. The book as a whole is aimed primarily at those whose lives are affected by the rules—bhikkhus who live by them, and other people who have dealings with the bhikkhus — so that they will be able to find gathered in one location as much essential information as possible on just what the rules do and do not entail. Students of Early Buddhism, Theravadin history, or contemporary Theravadin issues should also find this book interesting, as should anyone who is serious about the practice of the Dhamma and wants to see how the Buddha worked out the ramifications of Dhamma practice in daily life.

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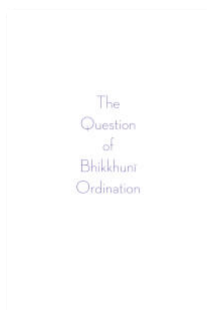
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The Question of Bhikkhunī Ordination



The Question of Bhikkhunī Ordination, by *Thānissaro Bhikkhu*. (revised June 6, 2019) A complete collection of Thānissaro Bhikkhu's writings since 2009 on the validity of recent attempts to reinstitute bhikkhunī ordination.

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The Mahāvagga



The Mahāvagga. A translation, side-by-side with the original Pāli, of one of two books from the Vinaya Piṭaka explaining the rules and protocols concerning the daily life of the Saṅgha.

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More Vinaya



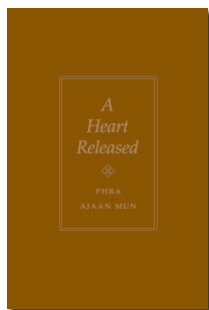
Additional Vinaya Materials. The Bhikkhu and Bhikkhuni Pāṭimokkhas, essays on Vinaya issues, and translations of the Vinaya Piṭaka.

[link](#)

Thai Forest Ajaans

Ajaan Mun Bhūridatto

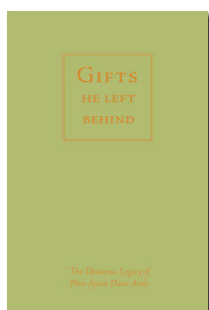
A Heart Released: The Teachings of Phra Ajaan Mun, translated by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) Much has been written about the life of Phra Ajaan Mun Bhūridatta Thera (1870-1949), the founder of



the Thai Forest Tradition, but very little was recorded of his teachings during his lifetime. (Most of his teachings he left in the form of people: the students whose lives were profoundly shaped by the experience of living and practicing meditation under his guidance.) The first piece translated here, *A Heart Released (Muttodaya)*, is a record of passages from his sermons, made during the years 1944-45 by two monks who were staying under his guidance. The second, *The Ever-present Truth*, is drawn from notes of Ajaan Mun's sermons taken by two of his students during the last two years of his life, covering a wide range of topics, including some standard accounts of the Buddha's life. And the third, the poem *The Ballad of Liberation from the Khandhas*, was found after his death among the few papers he left behind.

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Ajaan Dune Atulo



Gifts He Left Behind: The Dhamma Legacy of Phra Ajaan Dune Atulo, translated by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) This book is a compilation of Ajaan Dune's short teachings—pure truths at the highest level, lessons and admonishments he gave his students, answers to questions, and passages from the Buddha's words in the Canon that he always liked to quote. Also included are the events, locations, and people who were involved, to help make the passages easier to understand and more inviting to read. Translated from the Thai by *Ṭhānissaro Bhikkhu*.

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Phra Ajaan Funn Ācāro



Come & See, by *Phra Ajaan Funn Ācāro*. (revised July 8, 2019) Three Dhamma talks on the importance of being in touch with the truths inside—the truths of the body and of the mind—so that the mind can be trained to bring about happiness, both on the personal and on the social level. Translated by *Ṭhānissaro Bhikkhu*.

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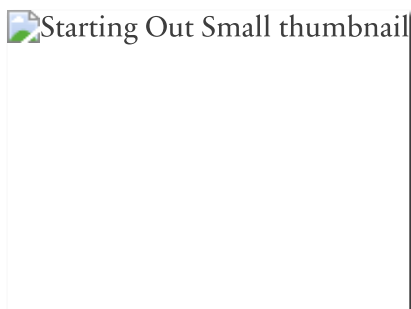
Ajaan Lee Dhammadharo

Keeping the Breath in Mind

Keeping the Breath in Mind & Lessons in Samadhi, by *Ajaan Lee Dhammadharo*. (revised Dec. 15, 2018) A fundamental guidebook for breath meditation and practicing the jhānas.


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Starting Out Small



Starting Out Small: A Collection of Talks for Beginning Meditators, by *Ajaan Lee Dhammadharo*. (revised Dec. 15, 2018) In this collection of talks Ajaan Lee covers the sorts of questions that occur to people new to meditation—Why meditate? How should I meditate? And why in that particular way?—and in his own style he provided not only straightforward answers to these questions but also vivid analogies.

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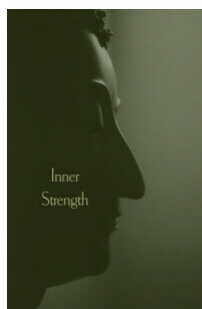
Food for Thought



Food for Thought: Eighteen Talks on the Training of the Heart, by *Phra Ajaan Lee Dhammadharo*. (revised Dec. 15, 2018) The title of this collection reflects how it invites the reader to fill in the spaces suggested by the talks to reflect on how the images and teachings they contain relate to one another and to one's own situation in life.

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Inner Strength



Inner Strength & Parting Gifts: Talks by Ajaan Lee Dhammadharo, translated by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) A collection of 20 Dhamma Talks by *Ajaan Lee*, from the basics of breath meditation to longer talks with extended metaphors on consciousnesses, knowledge and the defilements.

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The Heightened Mind

The Heightened Mind thumbnail

The Heightened Mind: Dhamma Talks of Ajaan Lee Dhammado, translated by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) In previous collections of Ajaan Lee's talks, the main focus has been on technique. Here the focus is more on attitudes to bring to the practice of concentration. As he once said, the three trainings are like posts supporting a bridge over a river. The posts on the near shore and far—virtue and discernment—are not that hard to set in place, for they lie in shallow water away from the main current of the river. The posts in the middle of the river—concentration—are the ones requiring special effort, and so they need to be treated in depth.

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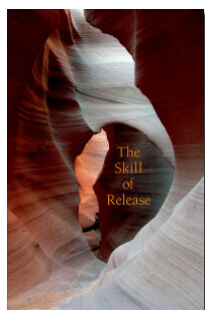
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The Skill of Release



The Skill of Release: Teachings of Ajaan Lee Dhammado, translated by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) A selection of Ajaan Lee's teachings, including a few full talks, some short passages, and sometimes even half-thoughts, if they seemed provocative enough. Although the passages presented here have been arranged so that the book will stand on its own, they are also meant to fill in some of the gaps left by Ajaan Lee's other writings.

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Autobiography

Autobiography thumbnail

The Autobiography of Phra Ajaan Lee, translated by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) Phra Ajaan Lee Dhammado was one of the foremost teachers in the Thai forest ascetic tradition of meditation founded at the turn of the twentieth century by Phra Ajaan Sao Kantasilo and Phra Ajaan Mun Bhūridatto. His life was short but eventful. Known for his skill as a teacher and his mastery of supranatural powers, he was the first to bring the ascetic tradition out of the forests of the Mekhong basin and into the mainstream of Thai society in central Thailand.

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Craft of the Heart

Craft of the Heart, by *Ajaan Lee Dhammado*. (revised Dec. 15, 2018) Ajaan Lee's first, this book is also his most comprehensive, covering all aspects of the path of practice, from taking the five precepts to the attainment of arahantship. Although his later books made further developments in the positions offered here — such as the treatment of breath meditation in *Keeping the Breath in Mind* — this book remains one of the best introductions to Ajaan Lee's teachings as a whole.


 Craft of the Heart thumbnail
 
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Frames of Reference



Frames of Reference, by *Ajaan Lee Dhammadharo*. (revised Dec. 15, 2018) A practical explanation for meditators of the four frames of reference from the Satipaṭṭhāna Sutta. There is an accompanying [mp3 audio recording](#) of this book. It is a **66 MB zip archive** containing eight mp3 audio files.

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Basic Themes



Basic Themes: Four Treatises on Buddhist Practice, by *Phra Ajaan Lee Dhammadharo*. (revised Dec. 15, 2018) Uniquely among the ajaans in the Thai Wilderness tradition Ajaan Lee composed systematic treatises on the practice. These are valuable documents, giving a wilderness perspective on basic Dhamma topics.

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Ajaan Mahā Boowa Ñāṇasampanno

Straight from the Heart

Straight from the Heart: Thirteen Talks on the Practice of Meditation, by *Venerable Ācariya Mahā Boowa*, and translated by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) The talks in this collection all deal with the practice of meditation, and particularly with the development of discernment. These talks were originally given for the benefit of a follower of Venerable Ācariya Mahā Boowa who had contracted cancer of the bone marrow and had come to practice meditation at Wat Pa Baan Taad in order to contend with the pain of the disease and the fact of her approaching death.

Straight from the Heart thumbnail

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Things as They Are



Things as They Are: A Collection of Talks on the Training of the Mind, by *Venerable Ācariya Mahā Boowa*, and translated by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) These talks were originally given to the monks at Venerable Ācariya Mahā Boowa's monastery in Thailand. They deal in part with issues particular to Buddhist monks, but they also contain much that is of more general interest. Since the monks being addressed were at different stages in their practice, each talk deals with issues on a variety of levels. Thus there should be something of use for every reader interested in the training of the mind.

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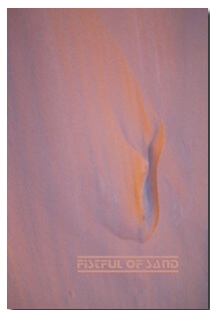
Ajaan Fuang Jotiko

awarenessitself_thumb

Awareness Itself, by *Ajaan Fuang Jotiko*. (revised Dec. 15, 2018) A collection of teachings spanning the whole range of practice by Ajaan Lee's principal student and Thānissaro Bhikkhu's teacher.

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Ajaan Suwat Suvaco



Fistful of Sand & The Light of Discernment: Teachings of Phra Ajaan Suwat Suvaco, translated by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) In 1989 Ajaan Suwat, the founder of Metta Forest Monastery, guided a meditation retreat for Westerners at Insight Meditation Society in Barre, MA. *Fistful of Sand* contains the translations of the Dhamma talks and question and answer sessions from that retreat. *The Light of Discernment* is a collection of translations of Dhamma talks by Luang Pu Suwat given at Metta Forest Monastery.

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Ajaan Chah Subhaddo

Still Flowing Water



Still Flowing Water: Eight Dhamma Talks, by *Venerable Ajahn Chah*, and translated by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) A collection of eight new or significantly revised translations of Ajahn Chah's Dhamma talks by Thānissaro Bhikkhu. Two of them have never been translated before into English, and four of them are based on entirely new Thai transcriptions of the best and most complete source recordings available.

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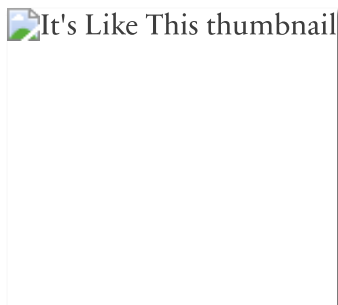
In Simple Terms



In Simple Terms: 108 Dhamma Similes, by *Venerable Ajahn Chah*, and translated by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) Ajahn Chah was a master at using the apt and unusual simile to explain points of Dhamma. The translations of these similes have been polished as little as possible, for their unpolished nature is precisely what reveals unexpected layers of meaning. This book is a companion to *It's Like This*.

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It's Like This



It's Like This: 108 Dhamma Similes, by *Venerable Ajahn Chah*, and translated by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) Ajahn Chah was a master at using the apt and unusual simile to explain points of Dhamma. He was especially talented at exploiting the open-ended nature of the simile - using a particular image to make one point in one context, and a very different point in another. This book is a companion to *In Simple Terms*.

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Upāsikā Kee Nanayon

An Unentangled Knowing: The Teachings of a Thai Buddhist Lay Woman, by *Upāsikā Kee Nanayon*, and translated by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) A collection of Dhamma talks from the foremost

 An Unentangled Knowing thumbnail

woman Dhamma teacher in modern Thailand. There is an accompanying [mp3 audio recording](#) of this book. It is a 336 MB zip archive with twenty-nine mp3s.

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More

 other teachings of Thai Ajaans_thumbnail

Other Teachings by Thai Ajaans. A number of translations by Ṭhānissaro Bhikkhu in pdf format of teachings by well-respected Ajaans of the Thai Forest Tradition: Chao Khun Nararatana, Phra Ajaan Thate, Phra Ajaan Khamdee, Phra Ajaan Phut, and Phra Ajaan Fuang.

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Dhamma Talks

The Meditations Series

Meditations

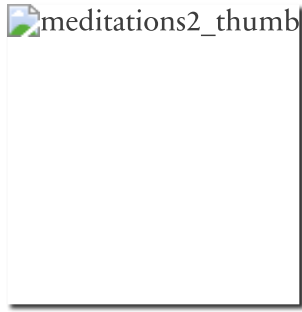
 meditations1_thumbnail

Meditations. (revised Dec. 15, 2018) Transcribed Dhamma talks on breath meditation and various aspects of the Buddhist Path given by Ṭhānissaro Bhikkhu during the evening meditation sessions at Metta Forest Monastery from 1996-2003.

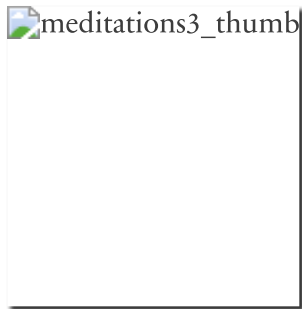
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Meditations 2

Meditations 2. (revised Dec. 15, 2018) Transcribed Dhamma talks on breath meditation and various aspects of the Buddhist Path given by Ṭhānissaro Bhikkhu during the evening meditation sessions at Metta Forest Monastery from 2000-2005.

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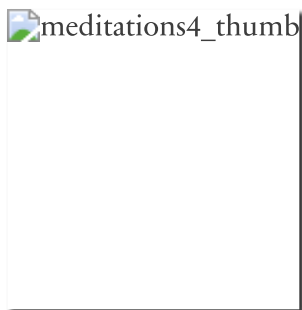
Meditations 3



Meditations 3. (revised Dec. 15, 2018) Transcribed Dhamma talks on breath meditation and various aspects of the Buddhist Path given by Ṭhānissaro Bhikkhu during the evening meditation sessions at Metta Forest Monastery from 2001-2005.

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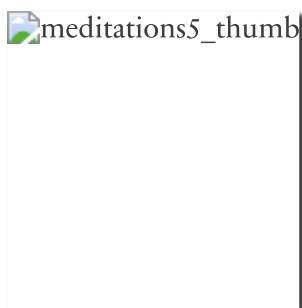
Meditations 4



Meditations 4. (revised Dec. 15, 2018) Transcribed Dhamma talks on breath meditation and various aspects of the Buddhist Path given by Ṭhānissaro Bhikkhu during the evening meditation sessions at Metta Forest Monastery from 2004-2008.

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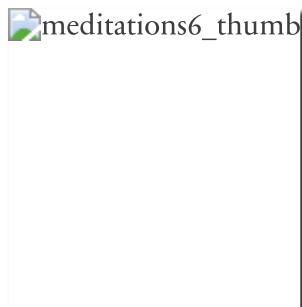
Meditations 5



Meditations 5. (revised Dec. 15, 2018) Transcribed Dhamma talks on breath meditation and various aspects of the Buddhist Path given by Ṭhānissaro Bhikkhu during the evening meditation sessions at Metta Forest Monastery from 2006-2009.

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Meditations 6



Meditations 6. (revised Dec. 15, 2018) Transcribed Dhamma talks on breath meditation and various aspects of the Buddhist Path given by Ṭhānissaro Bhikkhu during the evening meditation sessions at Metta Forest Monastery from 2009-2011.

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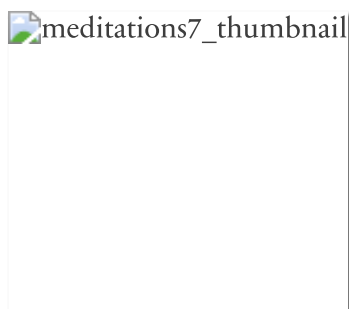
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Meditations 7



Meditations 7. (revised Dec. 15, 2018) Transcribed Dhamma talks on breath meditation and various aspects of the Buddhist Path given by Ṭhānissaro Bhikkhu during the evening meditation sessions at Metta Forest Monastery from 2012-2015.

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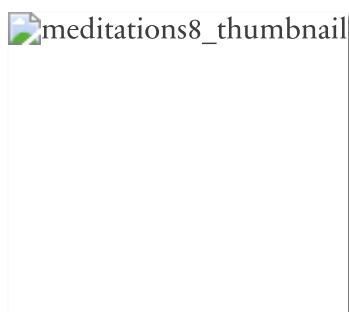
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Meditations 8



Meditations 8. (revised Dec. 15, 2018) Transcribed Dhamma talks on breath meditation and various aspects of the Buddhist Path given by Ṭhānissaro Bhikkhu during the evening meditation sessions at Metta Forest Monastery from 2014-2016 primarily.

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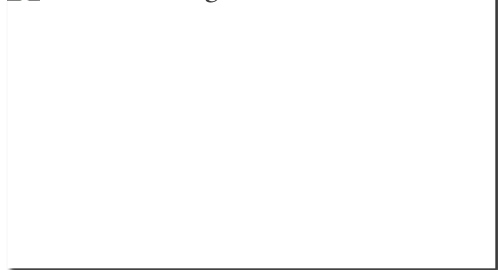
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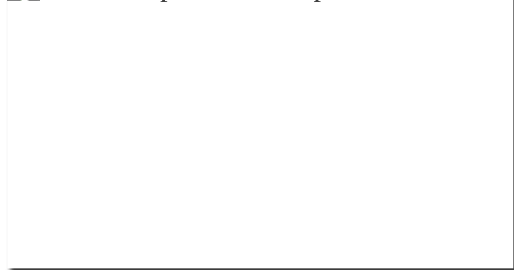
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The Noble Eightfold Path

The Noble Eightfold Path: 13 Meditation Talks, by Ṭhānissaro Bhikkhu. (revised Dec. 15, 2018) The Noble Eightfold Path forms the framework for all the Buddha's teachings. It was the first topic he mentioned in his first sermon, and the last topic he mentioned in his last. These edited transcripts correspond to the [13 Noble Eightfold Path mp3s](#) available on the Talk Collections page.

 The Noble Eightfold Path thumbnail
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In the Elephant's Footprint

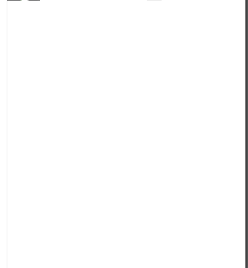
 In the Elephant's Footprint thumbnail


In the Elephant's Footprint, by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) Three Dhamma talks, given at Wat Palelai in Singapore, on the need to put the four noble truths ahead of the three characteristics when making merit, practicing concentration, and developing discernment. Videos of these talks are available via the [dhammatalks.org youtube channel](#).

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The ePublished Series

ePublished Dhamma Talks: I

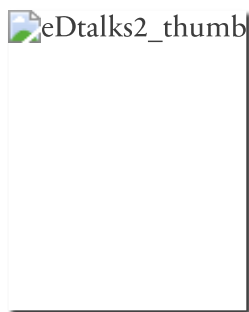
 eDtalks1_thumb


ePublished Dhamma Talks, vol. I. (revised Dec. 15, 2018) Transcribed Dhamma talks by *Ṭhānissaro Bhikkhu* from 1995-2004 similar to those in the *Meditations* series, but which were never published as a book.

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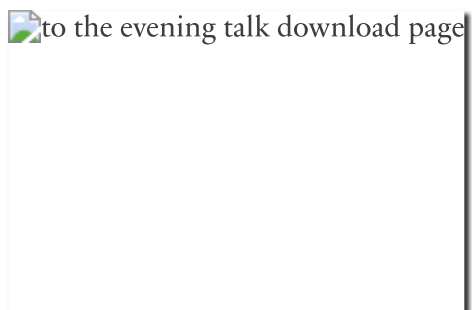
ePublished Dhamma Talks: III



ePublished Dhamma Talks, vol. III. (revised Dec. 15, 2018) Transcribed Dhamma talks by Ṭhānissaro Bhikkhu from 2003-2011 similar to those in the *Meditations* series, but which were never published as a book.

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Individual Transcriptions



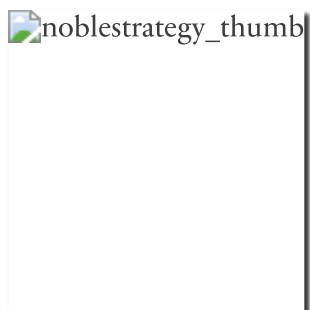
Individual Talk Transcriptions. Dhamma talk transcriptions are also available from the [mp3 audio download page](#) where links to pdf files appear next to their respective mp3 source files. You also might want to use the new [search function](#) on the site ('more > search' on the navigation menu). This uses the Duck Duck Go search engine to search dhammatalks.org and allows you to search the content of all the pdf transcriptions for particular topics of interest.

[link](#)

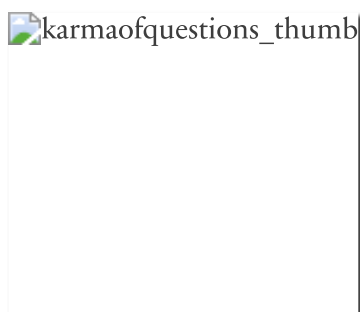
Essays

Noble Strategy

Noble Strategy, by Ṭhānissaro Bhikkhu. (revised "One Tool Among Many" on April 11, 2020) This first collection of essays is recommended for new practitioners. Includes: Affirming the Truths of the Heart, Karma, The Road to Nirvana Is Paved with Skillful Intentions, The Healing Power of the Precepts, Right Speech, Trading Candy for Gold, A Guided Meditation, The Path of Concentration & Mindfulness, One Tool Among Many, What Is Emptiness?, No-self or Not-self?, and The Image of Nirvana.


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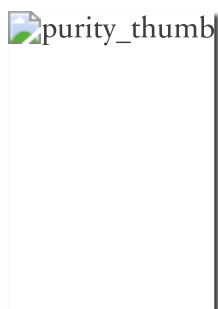
The Karma of Questions



The Karma of Questions, by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) This is a revised edition to the second collection of essays. Significant changes were made to the essay 'Perennial Issues,' and Pāli diacritics were added throughout. The essays included are: Life Isn't Just Suffering, Opening the Door to the Dhamma, Questions of Skill, Freedom from Fear, Samsara, Samsara Divided by Zero, The Agendas of Mindfulness, De-perception, The Weight of Mountains, Five Piles of Bricks, Perennial Issues, and When You Know for Yourselves.

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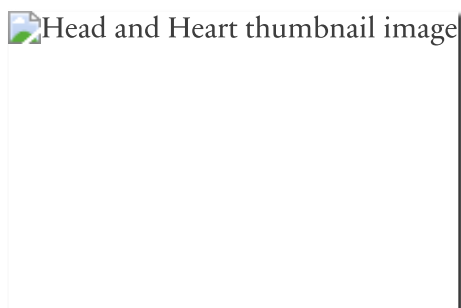
Purity of Heart



Purity of Heart, by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) The third collection of essays by Ṭhānissaro Bhikkhu. Includes: Purity of Heart, Faith in Awakening, Untangling the Present, Pushing the Limits, All About Change, The Roots of Buddhist Romanticism, Right & Wrong Reconciliation, Getting the Message, Educating Compassion, Jhana Not by the Numbers, The Integrity of Emptiness, A Verb for Nirvana, The Practice in a Word.

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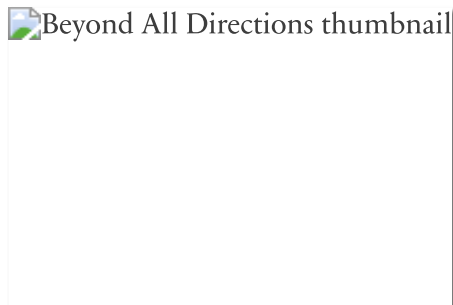
Head & Heart Together



Head & Heart Together, by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) This is a revised edition to the fourth collection of essays. Significant changes were made to the essay 'Mindfulness Defined,' and Pāli diacritics were added throughout. The essays included are: The Lessons of Gratitude, No Strings Attached, The Power of Judgment, Think like a Thief, Strength Training for the Mind, Mindfulness Defined, The Joy of Effort, Head & Heart Together, The Wisdom of the Ego, Ignorance, Food for Awakening, The Buddha via the Bible, and Freedom from Buddha Nature.

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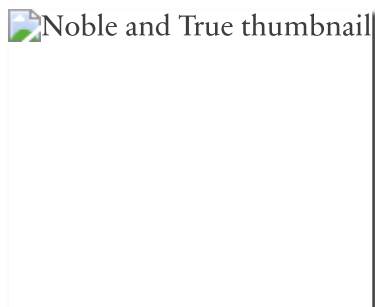
Beyond All Directions



Beyond All Directions, by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) This fifth collection of essays includes: Beyond All Directions, Lost in Quotation, An All-around Eye, Metta Means Goodwill, On Denying Defilement, Virtue Without Attachment, The Limits of the Unlimited Attitudes, The Essence of the Dhamma, The Middles of the Middle Way, and The Arrows of Thinking.

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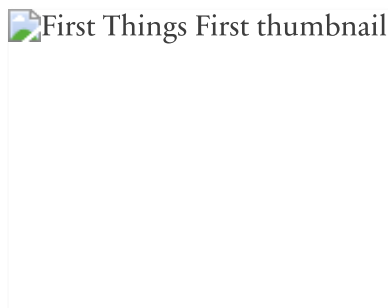
Noble & True



Noble & True, by *Ṭhānissaro Bhikkhu*. (revised Dec. 22, 2018) This sixth collection of essays includes: Danger Is Normal, What's Noble about the Noble Truths?, Truths with Consequences, We Are Not One, Under Your Skin, Silence Isn't Mandatory, The Not-self Strategy, and The Buddha's Last Word.

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First Things First



First Things First, by *Ṭhānissaro Bhikkhu*. (revised Dec. 26, 2018) The seventh collection of essays. The essays included are: Honest to Goodness, Did the Buddha Teach Free Will?, In the Eyes of the Wise, First Things First, The Karma of Now, The Streams of Emotions, Worlds & Their Cessation, Wisdom over Justice, All Winners, No Losers, How Pointy is One-pointedness?, The Limits of Description, and The Names for Nirvana.

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Other Essays

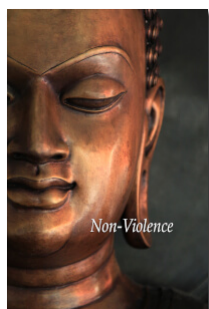
Other Essays. Essays by *Ṭhānissaro Bhikkhu* that have appeared in various Buddhist publications, but which have not yet been included in a collection.



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Study Guides

Non-Violence



Non-violence: A Study Guide Based on Early Buddhist Teachings, translated and with an introduction by *Ṭhānissaro Bhikkhu*. (revised March 2, 2019) Passages from the Pāli Canon on the topic of putting an end to the causes of conflict and violence.

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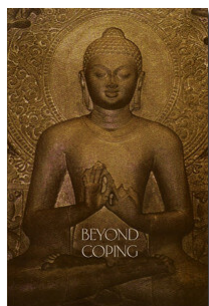
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Beyond Coping



Beyond Coping: A Study Guide on Aging, Illness, Death, & Separation, by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) Passages from the Pāli Canon arranged in five sections: the Buddha as physician; diagnoses of the conditions of aging, etc.; the conditions as motivations for heedfulness and diligence; specific remedies; and examples set by the Buddha and his disciples.

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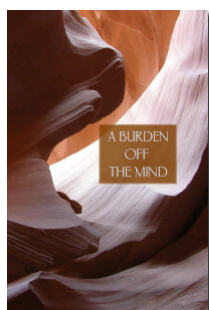
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The Buddha Smiles

The Buddha Smiles: Humor in the Pāli Canon, by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) An analysis of the style and function of humor in the Pāli Canon along with translated passages from the Canon.


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A Burden Off the Mind



A Burden off the Mind, compiled by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) A study guide on the five *khandhas* (aggregates) emphasizing the importance of bringing the right questions to the teachings on the *khandhas*. If you use them to define what you are as a person, you tie yourself down to no purpose. But if you use them to put an end to suffering, your questions fall away and you're free.

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Discernment



Discernment: The Buddha's Strategies for Happiness II, by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) This study guide is an introduction to the Buddha's teachings on how to use discernment to find an unending happiness. The book consists of passages from the Pāli Canon and a substantial introduction by *Ṭhānissaro Bhikkhu* providing context. This book is a companion to *Merit*.

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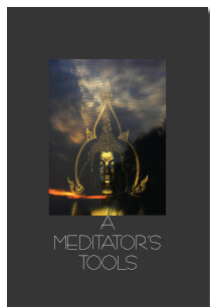
Into the Stream



Into the Stream: A Study Guide on the First Stage of Awakening, by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) For your practice to lead to Awakening, you must develop reliable standards for judging — which practices lead to stream entry, what indicates a true experience of it, and what its necessary results are.

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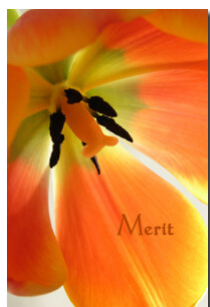
A Meditator's Tools



A Meditator's Tools, compiled by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) This is a study guide on the ten recollections, a set of meditation themes that highlight the positive role that memory and thought play in training the mind. They employ memory to sensitize the mind to the need for training, to induce feelings of confidence and well-being conducive for concentration, to keep the topics of concentration in mind, to produce tranquility and insight, and to incline the mind toward the deathless when tranquility and insight have grown sufficiently strong.

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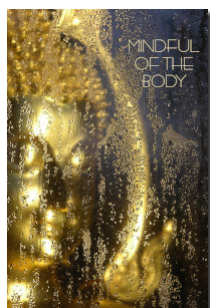
Merit



Merit: The Buddha's Strategies for Happiness I, by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) This study guide is an introduction to the Buddha's teachings on merit. The practice of merit (puñña) is often discounted by western Buddhists, yet the Buddha warns that higher levels cannot be practiced safely without merit as the foundation. This book is a companion to *Discernment*.

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Mindful of the Body



Mindful of the Body: A Study Guide, by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) This study guide focuses on the primary sutta in the Pāli Canon dealing with the contemplation of the body: The Discourse on Mindfulness Immersed in the Body ([Majjhima Nikāya 119](#)). Early Buddhism teaches that the body can be used to develop mindfulness and concentration, which in turn can be used to free the mind of its attachments to the body. Then the mind and body can live in peace.

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Recognizing the Dhamma

Recognizing the Dhamma: A Study Guide, by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) The Buddha taught eight principles for recognizing what qualifies as Dhamma and Vinaya, and what does not. They form the standards against which the validity of any interpretation of the Dhamma or Vinaya must be judged.


 Recognizing the Dhamma thumbnail

They are an indispensable guide in solitary practice and illustrate the application of his teachings in the well-known Kalama Sutta.

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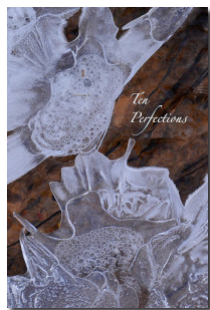
The Sublime Attitudes


 Brahmaviharas thumbnail

The Sublime Attitudes: A Study Guide on the Brahmaviharas, by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) The sublime attitudes (brahmaviharas) are the Buddha's primary heart teachings—the ones that connect most directly with our desire for true happiness. They're the qualities of heart that motivated the Buddha to find awakening and then to teach the path of awakening to others. At the same time, they function as part of the path itself.

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Ten Perfections



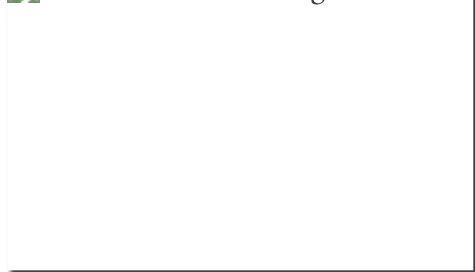
Ten Perfections: A Study Guide, by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) For people in the modern world facing the issue of how to practice the Dhamma in daily life, the ten perfections provide a useful framework for how to do it. When you view life as an opportunity to develop these ten qualities—generosity, virtue, renunciation, discernment, persistence, endurance, truth, determination, good will, and equanimity—you develop a fruitful attitude toward your daily activities so that any skillful activity or relationship, undertaken wisely and in a balanced way, becomes part of the practice.

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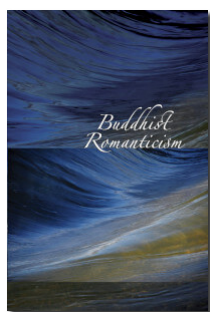
Treatises

The Buddha's Teachings

The Buddha's Teachings: An Introduction, by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) A short introduction to the basic concepts and values underlying Buddhist practice, with special attention to clearing up common misinterpretations about what the Buddha taught.


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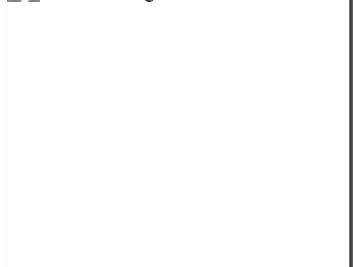
Buddhist Romanticism



Buddhist Romanticism, by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) An in-depth study of the pervasive influence of early Romantic thought in shaping the way Buddhism is taught in the West, and of the practical consequences of following the Romantics rather than the Buddha in approaching the problem of suffering and stress.

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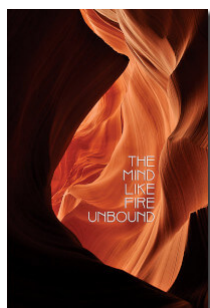
Karma Q & A


 Karma Q & A thumbnail


Karma Q & A, compiled by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) Karma and rebirth are often understood to be teachings of fate and helplessness in the face of unknowable influences from the past. Instead of teaching fate, The Buddha's teachings on kamma and rebirth are empowering, showing how people can develop skills in the present that will lead to the end of suffering. So, to help show how valuable these teachings are, here's a set of answers, based on the Pāli Canon, to some questions frequently asked about these topics.

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The Mind like Fire Unbound



The Mind like Fire Unbound: An Image in the Early Buddhist Discourses, by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) Western Buddhists have usually understood the Buddha's metaphor of *nibbana* (Sanskrit, *nirvana*) as "extinguishing" or "extinction". This book, which includes an essay and readings from the Pāli Canon, examines ancient Indian theories on the mechanics of fire in order to understand the Buddha's metaphor in its original context.

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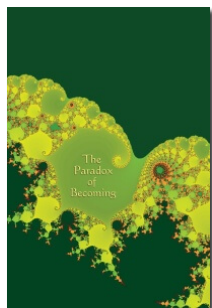
On the Path



On the Path: An Anthology on the Noble Eightfold Path drawn from the Pāli Canon, by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) This book aims to provide a well-rounded picture of the noble eightfold path for people who are interested in taking guidance from the earliest extant records of the Buddha's teachings on how to reach the end of suffering and stress. The format is that of a discussion and analysis of each element of the path followed by pertinent sutta excerpts, similar to *Wings to Awakening*. The cross-references to the suttas are also hyperlinked to the new sutta pages on this site.

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The Paradox of Becoming



The Paradox of Becoming, by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) Although “becoming” is one of the most important concepts in the Buddha's teachings, there is no full-scale treatment of it in English. This book attempts to fill that lack.

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Refuge

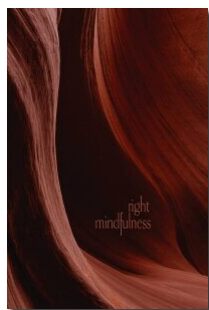


Refuge: An Introduction to the Buddha, Dhamma, & Sangha, by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) A short introduction to the basic principles of Buddhism. Included are readings drawn from the earliest Buddhist texts and essays explaining aspects of the Triple Refuge that often provoke questions in those who are new to the Buddha's teachings.

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Right Mindfulness

Right Mindfulness: Memory & Ardency on the Buddhist Path, by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) For the past several decades, a growing flood of books, articles, and teachings has advanced theories about the practice of mindfulness which are highly questionable and—for anyone hoping to realize the end of suffering—seriously misleading. The main aim of this book is to show that the practice of mindfulness is



most fruitful when informed by the Buddha's own definition of right mindfulness and his explanations of its role on the path.

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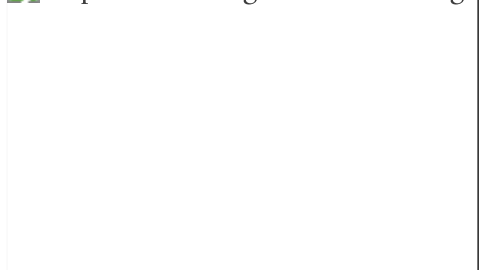
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The Shape of Suffering

shape of suffering thumbnail image



The Shape of Suffering: A Study of Dependent Co-arising, by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) An explanation of dependent co-arising through the analogy of feeding and pulling from the vocabulary of complex, non-linear systems.

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Skill in Questions



Skill in Questions: How the Buddha Taught, by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) The content of this treatise has not changed, but all three eBook versions have been recreated from scratch to look and function better as well as provide Pāli diacriticals and hyper-linking. If you already have the previous substandard eBook versions in your library, you will want to replace them with these.

This is a treatise about discernment in action, centered on the Buddha's strategic use of discernment in framing and responding to questions.

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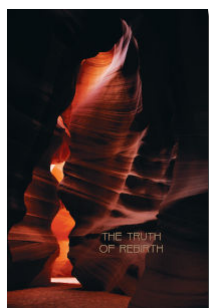
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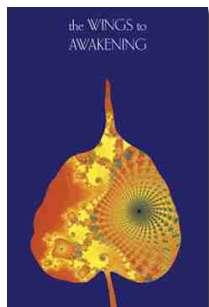
The Truth of Rebirth



The Truth of Rebirth: And Why It Matters for Buddhist Practice, by *Ṭhānissaro Bhikkhu*. (revised Dec. 15, 2018) A short treatise explaining that the Buddha did not teach the doctrine of rebirth because he was blindly following the cultural norms of his time. Instead, our resistance to this teaching is pointing to cultural biases of our own that impede progress on the Path.

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The Wings to Awakening



The Wings to Awakening: An Anthology from the Pāli Canon, by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) The 37 Wings to Awakening were the Buddha's own summary of his teachings. This book contains sutta translations organized by topic with relevant discussion by the author. Internal cross-references are hyper-linked in the ebook versions, and in the online version external ones, i.e. to the Suttas, are as well.

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With Each & Every Breath

 Each and Every Breath thumbnail

With Each & Every Breath: A Guide to Meditation, by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) A breath meditation manual by Thānissaro Bhikkhu drawing on two sources: the Buddha's own set of instructions on how to use the breath in training the mind, and Ajaan Lee Dhammadharo's method of breath meditation — which builds on the Buddha's instructions, explaining in detail many of the points that the Buddha left in condensed form. A page has been added to this site with download links to all of the [mp3 dhammatalks](#) referenced in this manual.

Regarding this latest revision: This is the last of the eBooks to be converted to html so it can be read directly online. It was saved for last because of its extensive cross-referencing to other essays and books on this site. As such this new version has significantly improved and updated the hyperlinking of cross-references, and it can better serve as an introduction or guide to the Dhamma from the perspective of meditation practice.

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Retreats

The Five Faculties



The Five Faculties: Putting Wisdom in Charge of the Mind, by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) In May of 2017, members of Le Refuge, a Buddhist group located near Marseilles, invited me to lead a nine-day retreat on the topic of the five faculties (indriya): conviction, persistence, mindfulness, concentration, and discernment. These are a set of qualities that the Buddha numbered among his most important teachings. When put in charge of the mind, they lead all the way to awakening. Taken together, they deal primarily with the practice of meditation, which makes them a good framework for a meditation retreat. However, the first faculty—conviction—focuses on questions of self and world: what kinds of happiness you believe you are capable of attaining, along with what kind of happiness you believe can be found in the world. This means that the five

faculties also provide an excellent framework for covering the entire practice of the Buddha's teachings, both on retreat and in the world at large.

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The Karma of Mindfulness



The Karma of Mindfulness: The Buddha's Teachings on Sati and Kamma, by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) A series of talks on the relationship between the two central Buddhist concepts of karma (kamma) and mindfulness (sati). The talks show how the Buddha's teachings on kamma—far from being irrelevant to the practice of mindfulness—actually provide the essential ground for understanding how mindfulness best functions in developing the mind for the purpose of putting an end to suffering and stress. The series of talks was given on an eight-day retreat at Le Refuge, a Buddhist group located in Auriol, near Marseilles, France.

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Selves & Not-self

 Selves & Not-self thumbnail image

Selves & Not-self: The Buddhist Teaching on Anatta, by *Thānissaro Bhikkhu*. (revised Dec. 15, 2018) A series of eight talks on *anatta*, or not-self, given at a ten-day retreat in Provence, France. Also there are relevant selections from the Pāli Canon at end of the book.

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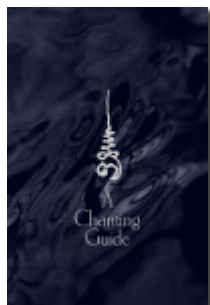
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Chanting

A Chanting Guide



A Chanting Guide: Pāli Passages with English Translations, by *The Dhammayut Order in the United States of America*. (revised Dec. 15, 2018) This expanded version includes dozens of additional chants. Audio (.mp3) recordings by the monks of Mettā Forest Monastery of a number of chants are available on the [chanting page](#).

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The Divine Mantra

The Divine Mantra



The Divine Mantra, by *Ajaan Lee Dhammadharo*. (revised Dec. 15, 2018) The Divine Mantra is a chant on the six properties that brings benefits to those who memorize and recite it, inasmuch as it deals directly with matters that exist in each of us, since, once we are born, we all dwell in the six properties. An audio recording of this chant is available from the [chanting page](#), but it tracks the slightly different ordering of the *Ajaan Fuang Version* below.

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The Divine Mantra (Ajaan Fuang Version)



The Divine Mantra (Ajaan Fuang Version), by *Ajaan Lee Dhammadharo*. (revised Dec. 15, 2018) An audio recording of this version of the chant is available from the [chanting page](#).

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Tone Rules



Tone Rules: for Pāli Chanting in the Thai Tradition. The tone rules for Pāli Chanting in the Thai Tradition reflect the tones of the Thai language when reading Pāli written in Thai script. This short guide supplements the Pāli pronunciation rules at the beginning of *A Chanting Guide*.

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